



Lexington Senior Center Menu

August 2016

MONDAY		WEDNESDAY		FRIDAY	
Reservation system: Please call 781-698-4850 to make your reservation. Seating is limited.					
1. Call on Thursday and/or Friday (by 10:00a.m.) to reserve for Monday					
2. Call on Monday and/or Tuesday (by 10:00a.m.) to reserve for Wednesday					
3. Call on Wednesday and/or Thursday (by 10:00a.m.) to reserve for Friday					
4. If you are attending a meal you may sign up for the following meal in person. (e.g. If you attend lunch on Monday, you can sign up for the Wed. lunch and won't have to call in.)					
1. Sodium		3. Sodium		5. Sodium	
Flank Steak with Shallot,		Lemon Baked Schrod 180		Roasted Turkey with	
Mushroom and Red Wine 65		Parslied Boiled Potatoes 110		Dressing and Gravy 390	
Herbed Rice Pilaf 95		Baked Tomato with Lemon		Mashed Potato with	
Steamed Green Beans 5		and Herbs 105		Sour Cream and Chives 250	
				Butternut Squash 0	
8. Sodium		10. Sodium		12. Sodium	
Grilled Chicken Breast with		Meatloaf with Mushroom		Lemon Baked Schrod 180	
Artichoke Caponata 220		Port Demi Glace 510		Basmati Rice 65	
Brown Rice 85		Baked Potato 10		Coleslaw 210	
Peas 60		Corn on the Cob 0			
15. Sodium		17. Sodium		19. Sodium	
Baked Hake with		Chicken Pot Pie 450		Vegetable Lasagna 500	
Crumb Topping 250		Tossed Green Salad 20		Steamed Spinach 55	
Roasted Yukon Potato					
with Onions 180					
Steamed Asparagus 0					
22. Sodium		24. Sodium		26. Sodium	
Baked Chicken Chermoula 160		Baked Flounder w/ Lemon 180		Pork, Adovado with	
Golden Rice 55		Roasted Potato with		Pico De Gallo 410	
Steamed Broccoli 30		Caramelized Onions 105		Mexican Rice 120	
		Steamed Carrots 90		Grilled Mexican Corn 320	
29. Sodium		31. Sodium		*Sodium values are listed beside each menu item. Breads and desserts vary so are not listed.	
Flank Steak with Shallot,		Lemon Baked Schrod 180			
Mushroom and Red Wine 65		Parslied Boiled Potatoes 110			
Herbed Rice Pilaf 95		Baked Tomato with Lemon			
Steamed Green Beans 5		and Herbs 105			

Funded by Minuteman Senior Services and prepared in the kitchen of Brookhaven at Lexington.

All meals are served with milk, rolls & butter, and desserts unless specified

Meals subject to change without notice - \$3 donation requested.

We look forward to having you join us!